



Department for Public Health

CABINET FOR HEALTH SERVICES

COMMONWEALTH OF KENTUCKY
FRANKFORT 40621-0001

THE KENTUCKY CABINET FOR HEALTH SERVICES WANTS THIS TO BE A SAFE AND HEALTHY 4TH OF JULY AND SUMMER

The Kentucky Cabinet for Health Services wants this 4th of July weekend and summer to be safe and healthy, and wishes to provide some “Keys to Food Safety” for Kentucky families. Guy Delius, Manager of the Cabinet’s Food Safety Branch says “During the summer months and especially during the 4th of July holiday, a great number of families and gatherings will be cooking out and handling foods for meals”. The Food Safety Branch wants to remind Kentucky Cooks of some general food safety keys in hopes of ensuring safe, healthy meals. Be sure to keep your hands clean, don’t cross contaminate hands or surfaces, COOK foods thoroughly, keep food contact surfaces clean, don’t let foods stay at room temperature and refrigerate foods promptly after the meal. Follow these keys to food safety and you will help provide safe meals at your gatherings.

***WASH HANDS-** Before eating, Before preparing food, After using the bathroom, Handling raw meat or poultry, Changing diapers, and After handling pets. Use soap, hot water and paper towel to dry hands. Please remember to WASH raw fruits and vegetables prior to consuming.

***CLEAN AND SANITIZE FOOD CONTACT SURFACES OFTEN-** Sanitizing may be accomplished by using a solution of regular household bleach and warm water (1 tablespoon per 2 gallons of water approx. 100 ppm) as a final immersion sanitizing rinse or by spraying or swabbing washed and rinsed surfaces.

***SEPARATE: DON’T CROSS CONTAMINATE**
Separate raw from ready to eat foods; use a different utensils and cutting boards or plates between raw and cooked foods or, wash, rinse and sanitize the utensils/plates after contact with raw meat, poultry and seafood.

***COOK: HEAT AT LEAST TO THESE PROPER TEMPERATURES**

Meat, pork and fish	145 degrees F. for 15 seconds	HOT DOGS
Ground meat, fish	155 degrees F. for 15 seconds	BURGERS
Poultry	165 degrees F. for 15 seconds	CHICKEN
Eggs-yolk and white firm	155 degrees F. for 15 seconds	
Left-overs (reheating)	165 degrees F. for 15 seconds	

TO ENSURE PROPER INTERNAL PRODUCT TEMPERATURE OF FOOD, A METAL STEMMED, DIAL-TYPE THERMOMETER SHOULD BE OBTAINED AND USED.

***CHILL: REFRIGERATE PROMPTLY**

Don’t leave potentially hazardous foods out of temperature before or after cooking:

Refrigerate within 2 hours (Left-overs) 41 degrees F. or below.

Freeze 0 degrees F. or below.

File: 4th Food Safety



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